

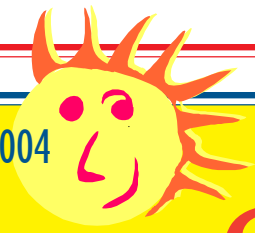
MEALS

ON

WHEELS

summer 2004

The MEAL TIMES



To prevent and treat disease and disability; to promote healthy lifestyles; and to assure the quality and accessibility of health services for senior citizens.

Happy 30th Anniversary!

Central District Health Department's Senior Nutrition Program which operates Meals on Wheels and area senior dining centers, turned 30 years old this year! Back in 1974 when it first began, the CDHD Meals on Wheels program served only 100 meals a day. Today it serves more than 130,000 meals each year to over 500 elderly clients who are homebound and, for the most part, cannot cook for themselves.

Not only does the Meals on Wheels Program provide nutritious food, it also provides a social contact for many of the elderly who don't get out of the house. Our delivery drivers use their daily visits as an opportunity to check on the welfare of clients. There have been a few times when one of our drivers has saved the life of a client who had collapsed or who experienced a health emergency. Having meals delivered to the home helps these seniors continue to remain independent in their own homes and not have to move into assisted living.

The majority of our drivers are volunteers, including many employees of corporations who have "adopted" a route and use their lunch hour to deliver meals to clients.

Our senior dining center program ("congregate meals") serves another 480 people each day. The dining centers help bring seniors together and lets them socialize and have contact with others. This is important, as many elderly people isolate themselves as they get older. All of our meals provide one third of the recommended daily nutritional requirement.

Both the dining center meals and Meals on Wheels are available to anyone 60 years of age or older, regardless of their income or ability to pay. A minimal donation to cover the cost of the meal is suggested, but we do not insist on it or monitor what people choose to give. In fact, the amount of donations we receive has never covered the cost of the meals.

The CDHD senior nutrition program is funded through a federal grant, which hasn't increased for at least a decade, even while the number of clients continues to increase. We also rely on fund-raising events, like the recent Culinary Walk About, and a summertime golf tournament. With the support of our community, the Senior Nutrition Program will continue to grow.

extra, extra, read all about it!!!

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Volunteer Spotlight

Weda Dooley

Weda Dooley has volunteered for Meals-on-Wheels for 9 years. She also has volunteered for the Forest Service and Boise Pharmacy for about 10 years. Weda delivers meals on Fridays and everyone really looks forward to her coming because she always makes them an extra goodie to go with their meal. For Dooley it's a labor of love. She knows what everyone likes and dislikes. "This job is so rewarding," she says. "A lot of people tell me if it weren't for you I'd just give up."



PAINT THE TOWN

Catherine Hass of Boise was this year's Idaho Statesman recipient for Paint the Town. Catherine receives meals daily through the Meals on Wheels program. Pictured with Catherine is Peggy Marshall, driver for Meals on Wheels and Allison Spain, helper for Meals on Wheels.



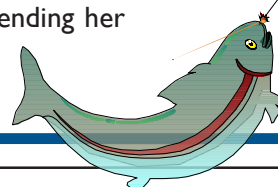
Good Luck Frances!!!



Frances Davis joined the Senior Nutrition staff in 1989 as a cook for the Star and Eagle Senior Dining centers. Each day she would cook 60-120 meals for both the Congregate and Meals on Wheels programs.

Frances became a member of both Senior centers and was an asset to their fundraising efforts and activities.

A retirement party for Frances was held on May 27 at Central District Health and it was standing room only. The room was full of family and friends who came to wish her well. Senior Nutrition Staff presented her with a clock commemorating her 15 years of dedicated service to the Senior Nutrition Program. Frances enjoys collecting clocks and has 36 of them in her home. Frances also enjoys fishing and will be spending her retirement with a pole in her hand trying to catch her limit.



Recipient Spotlight . . . *Mary Wheeler*

Mary Wheeler has been in our Meals-on-Wheels program for 9 years. She was born in Left Bridge, Canada. She moved to Mountain Home in 1936. She and her husband started Lamode Cleaners in Mountain Home in 1948 and later sold it in 1963. She has no children. She has volunteered at the Mountain Home Senior Center and the Mountain Home Hospital for years. Mary says thanks to the many good friends she has and the Meals-on-Wheels volunteers. "The meals have helped me to stay in my own home, which I'm really glad for," she says.



Mary Wheeler

MONETARY DONATIONS

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Memorials are made in memory of a loved one who has passed away. There is nothing more precious than the memory of a loved one, expressed in a tangible way. A monetary gift to Meals on Wheels provides nutritional sustenance for someone in need. Each gift is gratefully acknowledged to the family. When making honorariums and memorials, please be sure to include the name and address of the person you are honoring, or in the case of memorials, who you wish to be acknowledged.

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Boise, ID 83704

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The MEAL TIMES

Much More Than A Meal!